

**Amendments to the Abstract**

Please **amend** the Abstract to read.

-- An encoder ~~(100)~~ and corresponding method ~~(200)~~ are disclosed for performing video rate control to meet network traffic model restrictions, including pre-encoding the sequence of pictures for each of a plurality of quantization parameter values, selecting for each picture of the sequence one of the plurality of quantization parameter values responsive to the quantization parameter values and bitrate operating points of the neighboring pictures in the sliding time window, and encoding each picture of the sequence using the quantization parameter value selected for that picture.